

Sidebar

Friends and family can be active and vital participants in diabetes self-management, helping their loved ones learn and remember key diabetes tips to help manage their disease. Health care professionals can and should engage members of their patients' social support network in promoting self-management. The National Diabetes Education Program's (NDEP) "[Tips for Helping a Person with Diabetes](#)" includes advice on how to help a loved one with diabetes, a list of resources offering additional support, and suggestions from diabetes educators, nutritionists, and other health care professionals. Show your patients with diabetes and their loved ones that supporting diabetes self-management need not be a chore; encourage them to have fun together, sharing healthy recipes, taking walks around town, or even going dancing! Download the tip sheet and other materials from www.ndep.nih.gov or call 1-800-438-5383 to order hard copies or printer-ready files.